

40-Hour Intensive Format

with Jovan Nikolic (E-RYT 500) - Australia

What you will learn:

- You will learn the fundamental aspects of the Ashtanga Yoga Method
- You will discover and experience the traditional practice of Ashtanga Yoga
- You will learn how to teach the Primary Series of Ashtanga Yoga
- You will gain a deep understanding of the Primary Series postures and sequence
- You will learn how to modify and vary each pose in order to prevent common injuries and to make the practice accessible for everybody

What you will get:

After the completion of this course you will receive:

- An internationally recognized 40-Hour Continuing Education Certificate
- The confidence to practice and teach the Primary Series of Ashtanga Yoga
- The skills to assess and correct common postural misalignments
- Access to the AV108 Yoga School Community of Ashtanga teachers
- Post training support

Is it for you?

- Do you want to teach Ashtanga Yoga full time or part time
- Do you want to share the health benefits of the practice with others
- Do you want to understand Ashtanga Yoga in depth
- Do you want to take your practice to the next level

Requirements:

- Basic understanding of English language
- An interest and desire to grow and learn
- Open to ALL levels

It is important to note, that a 200-hour yoga teacher training is NOT a requirement for this course. Also, this course can not replace a 200-hour yoga teacher training.